

In the claims:

Please see the attached claims.

What is claimed is:

1. (Currently Amended) A dumbbell with a dumbbell handle element and with at least one holder for removable fastening of one or more weight disks on one end of the dumbbell handle element, wherein the at least one holder comprises a casing, the interior of which is open on a front side facing away from the dumbbell handle element for insertion and removal of the weight disks, and that locking means comprising a locking element are provided on the casing ~~that act in combination with the~~ locking element acting radially on the weight disks on their outer circumference for locking the weight disks accommodated in recesses with an edge area, the recesses being formed on an inner surface of the casing or on a journal located in the interior of the casing.

2. (Canceled)

3. (Currently Amended) A dumbbell with a dumbbell handle element and with at least one holder for removable fastening of one or more weight disks on one end of the dumbbell handle element, wherein the at least one holder ~~consists of~~ comprises a casing, the interior of which is open on a front side facing away from the dumbbell handle element for insertion and removal of the weight disks, and whereby locking means are provided on the casing that ~~act in combination with the weight disks on their~~ on the outer circumference of the weight disks when locking the weight disks in the interior of the casing, the locking means ~~consist of~~ comprise at least one swiveling locking element which locks the weight disks accommodated in the interior in recesses with an edge area.

4. (Currently Amended) A dumbbell with a dumbbell handle element and with at least one holder for removable fastening of one or more weight disks on one end of the dumbbell handle element, wherein the at least one holder ~~consists of~~ comprises a casing, the interior of which is open on a front side facing away from the dumbbell handle element for insertion and removal of the weight disks, whereby locking means are provided on the casing that act ~~in combination with~~ radially upon the weight disks ~~(8, 8a, 8b)~~ on their outer circumference when locking the weight disks in the interior of the casing, ~~locking means are provided on the casing that act radially upon the weight disks on their outer circumference,~~ the locking means ~~consist of~~ comprise at least one swiveling locking element, which locks the weight disks accommodated in the interior in recesses with an edge area.

5. (Canceled)

6. (Canceled)

7. (Currently Amended) The dumbbell as claimed in claim 6 1, wherein the locking means ~~consist of~~ comprises at least one swiveling locking element ~~which locks the weight disks accommodated in the interior of the casing by interlocking on their outer circumference.~~

8. (Currently Amended) The dumbbell as claimed in claim 6 3, wherein the ~~locking means consist of at least one swiveling locking element,~~ ~~which~~ locks the weight disks accommodated in the interior in recesses with an edge area.

9. (Previously presented) The dumbbell as claimed in claim 8, wherein the edge area of the weight disks is an outer circumference of these disks.

10. (Currently Amended) The dumbbell as claimed in claim 8, wherein the edge area ~~consists of~~ is formed by an opening of the respective weight ~~disk~~ disks.

11. (Previously presented) The dumbbell as claimed in claim 8, further comprising recesses interlocking with the edge area of the weight disks formed on the inner surface of the casing.

12. (Previously presented) The dumbbell as claimed in claim 11, wherein the recesses holding the edge area of the openings of the weight disks are formed on a journal located in the interior of the casing.

13. (Currently Amended) The dumbbell as claimed in claim ~~±~~ 3, wherein in the interior of the casing on an inner surface of an outer wall of the casing and/or on a journal located in the interior, there is a rubber-elastic bearing surface for the weight disks.

14. (Currently Amended) The dumbbell as claimed in claim ~~±~~ 3, wherein the weight disks are rubber-elastic at least on an area bearing against the casing when the locking element is locked and/or against a journal located in the casing

15. (Currently Amended) The dumbbell as claimed in claim ~~±~~ 3, wherein the locking ~~consist of~~ means comprises at least one swiveling cam located on the casing.

16. (Currently Amended) The dumbbell as claimed in claim ~~±~~ 3, wherein the locking means ~~consist of~~ comprises at least one swiveling locking element, which locks the weight disks accommodated in the interior in recesses with an edge area.

17. (Currently Amended) The dumbbell as claimed in claim ~~±~~ 3, wherein locking means are provided on the casing that act radially upon the weight disks on their outer circumference.

18. (Canceled)

19. (New) A dumbbell as claimed in claim 3, further comprising at least one active or passive electronic component in the dumbbell handle element and/or in the at least one holder, the electronic component acts in combination with an external antitheft device.

20. (New) A dumbbell as claimed in claim 1, further comprising at least one active or passive electronic component in the dumbbell handle element and/or in the at least one holder, the electronic component acts in combination with an external antitheft device.